

Hormone Therapy for Women at HMI

Hormonal change rarely announces itself politely. It surfaces as hot flashes and night sweats, restless sleep, stubborn weight gain, brain fog, mood swings and anxiety, fading libido, and a fatigue that coffee cannot fix. Whether you are navigating perimenopause, menopause, or simply feeling “off,” you are not alone — and it is very treatable. Rebalancing your hormones can bring back your energy, focus, sleep, and sense of yourself.

What Makes HMI Different?

Concierge pioneers.

One of the country’s first concierge practices — caring for families for over fifteen years, we know what exceptional care takes.

We treat the cause, not the symptom.

Every plan is built around your complete hormonal picture, your symptoms, and your goals.

Diagnostics that go deeper.

We look well beyond a single hormone number to find what is truly driving how you feel.

Unhurried, in-depth visits.

Real time with your clinician — every question answered, nothing rushed.

Every delivery method.

Topical creams or long-acting pellets — matched to you.

White-glove logistics.

We coordinate prescriptions with trusted pharmacies and ship medications to your door.

Treatment Options

Pellets — every 3–4 months.

A quick in-office insertion delivers steady estradiol and testosterone with the fewest interventions.

— or —

Creams — daily.

Compounded bioidentical estrogen, progesterone, and testosterone, applied at home and easily adjusted.

Your protocol may also include progesterone and DHEA, tailored to what your body needs.

Cost of Care: Hormone Therapy

Getting started

- ✓ **Comprehensive initial lab panel: \$300** self-pay, or use your insurance.
- ✓ **Initial 1-hour consultation: \$250.** \$50 applies toward treatment if you proceed; included for members.

Choose your therapy

- **Hormone creams: \$300–\$400** per month (compounded estrogen, progesterone & testosterone).
- or —
- **Hormone pellets: \$595** every 3–4 months (\$475 for members); includes insertion visit.

Ongoing care

- ✓ **Follow-up lab panel: \$200,** or use your insurance.
- ✓ **Follow-up consultation: \$200.** Included for members.

Concierge membership includes your consultations, member pricing on pellet therapy, and priority access to your care team — with honest pricing and no hidden fees.

Beyond a Standard Physical

A routine checkup runs a handful of labs. We run an ultra-comprehensive workup — dozens of markers across your hormones, metabolism, and organ health — so nothing shaping how you feel goes unseen. Your panel reveals:

- **Estradiol & progesterone** — your core female hormones and their balance
- **Testosterone (free & total), SHBG, LH & FSH** — libido, drive, and where you are in the menopausal transition
- **DHEA-S & cortisol** — adrenal reserve and your stress-hormone axis
- **Thyroid (TSH, free T3/T4, TPO)** — a common hidden cause of fatigue and weight gain
- **CBC, CMP (kidney function), A1c, fasting insulin, lipids, homocysteine, hs-CRP, vitamin D, B-12 & ferritin** — your metabolic, cardiovascular, and nutrient picture

Why start today? Every month out of balance is energy, sleep, and clarity left on the table. One visit begins the path back — call **407-210-2101**.

1 Comprehensive labs > 2 Consultation > 3 Personalized plan > 4 *Begin treatment in as little as 2 weeks*

Ready to feel like yourself again?

Contact us today at **407-210-2101** or info@hardingmedicalinstitute.com

Note: Pricing reflects typical protocols and may vary; additional medications, supplements, or labs may be recommended based on your results. Labs may be submitted to insurance; if a test isn't covered, the insured price can exceed the self-pay rate. Pellet therapy is priced separately.